



# The Journal

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August 7, 2014

## Longtime Walter Reed Volunteers Honored with Viscardi Achievement Award

**By Julie Smith**  
NSAB Public Affairs  
staff writer

In 2011, Mary Kerr's son, Army 1st Lt. Cameron Kerr, stepped on an improvised explosive device in Kandahar Province, Afghanistan. He lost his left leg below the knee and was flown to then-Walter Reed Army Medical Center (WRAMC) for treatment.

During the first week at the hospital, Mary said several organizations offered Cameron extravagant gifts, including laptops, video game systems and even a car.

"It was really nice and very generous but the thing that really got to him, the thing that he talked about more than anything, was that somebody brought him homemade cookies," she said.

That "somebody" turned out to be Tom Porter and his wife Eleanor, who were making one of their twice-weekly visits to the patient wards at WRAMC – just as they had done every week since 2004.

Those visits and their consistency as leaders, mentors and role models to wounded warriors and amputees led Mary to nominate the Porters for the 2014 Henry Viscardi Achievement Awards presented by The Viscardi Center, an organization that annually recognizes members of the global community who have raised awareness and improved the quality of life for people with disabilities. The center presented the award to the Porters at Naval Support Activity Bethesda's USO Warrior and Family Center Aug. 4.

"Tom has shared his personal stories and has listened to and motivated our service men and women for nearly a decade," John D. Kemp, president and CEO of The Viscardi Center, said. "The Porters serve as living proof that losing a leg or two is certainly not the end of anything."

A combat wounded veteran



**The Viscardi Center President and CEO John D. Kemp (left) presented Tom Porter (center) and his wife, Eleanor (right), with a Henry Viscardi Achievement Award Aug. 4 for their work with wounded warriors. Former U.S. Senator Bob Dole (seated) attended the award ceremony.**

himself, Tom understands the emotional and physical struggles of being an amputee. During the Korean War, two separate land mines took Tom's legs as his platoon returned from an all-night patrol.

"We came into a mine field. I hit a land mine with my right leg and kind of flew up in the air and when I came down, another land mine took out my left leg," he explained. "They took us to the battalion aid station to get us cleaned up. In Korea it was the rainy season, so we were stuck in the MASH (Mobile Army Surgical Hospital) for about two weeks. That's a long time."

Tom spent another two weeks en route to the United

States. Medical evacuations from a combat zone took time in the early 1950s, he said.

Months later, he was finally fitted for prosthetic legs. He met Eleanor, an Army physical therapist, during his recovery and the two would later marry. They celebrated their 60th wedding anniversary in March.

The Henry Viscardi Achievement Awards were established to honor the legacy and vision of The Viscardi Center's founder, Dr. Henry Viscardi, Jr., who himself wore prosthetic legs. Viscardi worked as an American Red Cross volunteer at Walter Reed General Hospital, which then housed the only military amputee center in the country, explained Kemp.

"Dr. Viscardi encouraged wounded soldiers and taught them how to use their artificial limbs. He organized the first dance for enlisted men who were amputees and he held driving lessons," Kemp said. "This was the beginning of a program established by the Armed Forces and the Veterans Administration that went on to provide the disabled soldier with the finest prosthetic appliances."

Years later, Dr. Viscardi founded The Viscardi Center to show the world that disabled veterans from World War II and the Korean War had the skills and abilities to be successful employees, Kemp continued. The center provided assembly



Photos by Julie Smith

**Tom Porter, a Korean war combat-wounded double amputee, speaks during a ceremony at USO Bethesda honoring him and his wife, Eleanor, for their volunteer efforts at the former Walter Reed Army Medical Center.**

and factory work for several industries and was the first business in the United States to be staffed primarily by people with disabilities.

The 2014 selection committee was co-chaired by former U.S. Senator Bob Dole and Ambassador Luis Gallegos of Ecuador. Dole attended the award presentation at USO Bethesda.

"I truly believe in my heart it's people like you who make a difference," Dole said to Tom and Eleanor during his remarks. "You gave people hope."

During their visits to WRAMC, the Porters offered friendly smiles and conversation to comfort the wounded returning from the wars in Iraq and Afghanistan. They made it a point to learn each service member's hometown. And Eleanor brought cookies.

"They were just down-home ordinary people. But they were there. They were consistent," said Mary. "It's small, but it's important. It changes lives."

Upon receiving the award, Tom was humble but appreciative.

"I'm very grateful, but it's not about me – it's about the person I'm visiting," Tom said. "It has been the most rewarding experience of our lives in the last 30 years."



# Commandant's Corner

Greetings Team 88!  
You know from my previous Commandant's Corners how important I feel it is to take an active role in the communities in which we live. One of the best ways to do that is to volunteer your time or skills to your community. Volunteering will improve the quality of life in our surrounding communities and strengthen the all-important relationships that make the Navy and naval service so highly respected.



I cannot overstate my personal commitment to the Navy's Community Service Program. The program's goal is to foster and nurture community ties with the Navy and promote volunteerism while developing better naval leaders through the experience. The Navy Community Service Program was launched in 1992 by then-CNO Admiral Frank B. Kelso. The program consists of five flagships, including the Health, Safety, and Fitness Flagship, Personal Excellence Partnership Flagship, Project Good Neighbor Flagship, Campaign Drug Free Flagship and Environmental Stewardship Flagship. Your Community Service Coordinator serves as the primary point of contact regarding local community service opportunities.

Not only are volunteer opportunities rewarding individually, but your volunteer activities help your command compete for annual awards in the five flagship areas and for the USS Bainbridge Award for overall excellence, named in honor of the former nuclear-powered guided missile cruiser.

We will soon close out this year's NDW Headquarters Command Climate Survey and I wanted to take a minute to thank all of you who participated. The survey is a valuable tool for leadership to under-

stand how the Headquarters organization is working in several areas that are critically important to our workforce's well-being. I use it to identify what is going well within the command and identify areas that need some work. The survey gives everyone an opportunity to voice their opinions directly and anonymously and I read every single comment and value them. Once the results are in and the analysis complete I will brief the results back to the region.

I want to stress that you always have options to address your concerns and the command climate; you do not need to wait until we conduct the annual command climate survey. You can talk to your supervisor, your N code or drop a line to my PAO if you have a question for me specifically. One of the reasons I write this column each month is to reach out to you about things that concern you, so I want to know what is on your mind.

And finally, we are now well into the 100 critical days of summer, and we have been fortunate to have unusually mild and pleasant weather for the most part. But that nice weather means even more opportunity for us to get out and enjoy some great outdoor activities - don't let your guards down. Approach any outdoor activity from an ORM perspective and stay safe.

Until next month, keep charging Team 88!

**Rear Admiral Markham K. Rich**  
**Commandant, Naval District Washington**  
**Deputy Commander, Joint Forces Headquarters**  
**National Capital Region (JFHQ-NCR)**

## Bethesda Notebook

### Prostate Cancer Guest Speaker Program

Dr. Albert Dobi, associate director of the Basic Science Research Program for the Center for Prostate Disease Research at Walter Reed Bethesda, will discuss "Recent Advancements in Prostate Cancer Detection, Prognosis and Therapy" today from 7 to 8:30 p.m. in the America Building, second floor, Room 2525. The event is part of the Prostate Cancer Support Group's free Guest Speaker Program. Registration is not required to attend, but a military ID is required for base access to Naval Support Activity Bethesda. For more information, contact retired Col. Jane Hudak at 301-319-2918, or at [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

### Young Adults and Cancer

If you are a young adult age 18 to 39 affected by cancer and want to meet and talk with others your age who are dealing with cancer, the John P. Murtha Cancer Center at Walter Reed Bethesda is hosting a gathering for young adults and their families on Aug. 20 at 11:30 a.m. in the Physical Therapy Department, America Building, first floor, Room 1018. For more information and to RSVP, email Meghan Fitzgibbons at [Meghan.k.fitzgibbons.ctr@health.mil](mailto:Meghan.k.fitzgibbons.ctr@health.mil).

### TeamSTEPPS Training

TeamSTEPPS (Team Strategies and Tools to Enhance Performance and Patient Safety) will conduct a four-hour fundamental course for TeamSTEPPS on Aug. 11. TeamSTEPPS is designed to improve patient outcomes by improving communication and teamwork skills. Continuing education units are possible for those who attend the course. For registration, times and location, contact Hospital Education and Training (HEAT) Department at [classregistration@health.mil](mailto:classregistration@health.mil), or call 301-319-5209.

### Pool Closure

The pool in Building 17 on Naval Support Activity Bethesda (NSAB) is closed through Aug. 18 for maintenance and deep cleaning. For more information, call the Fitness Center at 301-295-2450.

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# Orioles Players Visit USO Bethesda, WRNMMC

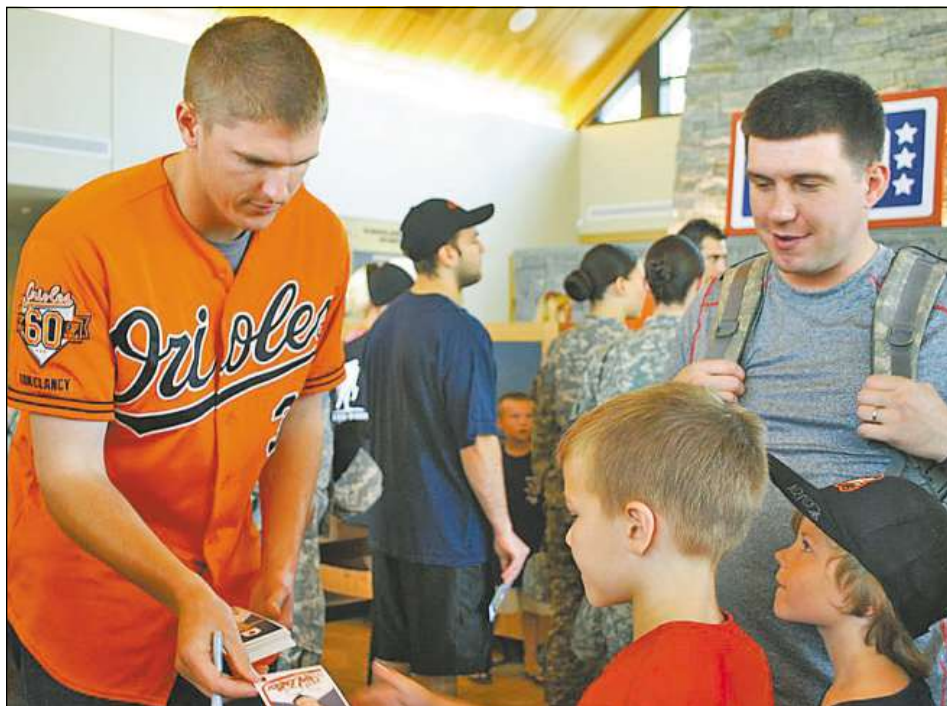


Photo by Julie Smith

Orioles pitcher Brad Brach (left) signs an autograph for Army Staff Sgt. Bernard MacFarland Jr. (right) and his two sons, Tyler, 8, and Bernard III, 6, at USO Bethesda Aug. 4.

**By Julie Smith**  
NSAB Public Affairs  
staff writer

It felt like a day at the ball park at the Naval Support Activity Bethesda (NSAB) USO Warrior and Family Center Aug. 4 as service members and their families gathered to meet a few professional athletes and enjoy some hotdogs, pretzels and popcorn.

About a dozen players from Major League Baseball's Baltimore Orioles converged at the USO to sign autographs, give away baseball cards and shake hands with their fans. Earlier in the day, they had visited wounded warriors at Walter Reed National Military Medical Center's (WRNMMC) Military Advanced Training Center (MATC).

Army CW3 Brian Haas and his wife, Jolyne, were decked out in orange and black Orioles attire hoping to meet their favorite Baltimore pitcher, Bud Norris, who played with Brian's favorite team, the Houston Astros, before Norris was traded to the Orioles in 2013.

"We are huge baseball fans," Brian said. "We just went to an Orioles game last week."

Brian has been a patient at WRNMMC since December 2013, when a serious back injury led to his medical evacuation from Afghanistan. He was grateful for the chance to interact with

the players and connect with other fans of the game to talk some baseball.

"It's a good opportunity for the service members to get out and meet some new people," Brian continued. "(The USO) always fills up when professional athletes come."

As the players arrived, they were welcomed by NSAB Commander Capt. David Bitonti, who thanked the players for making a stop at NSAB while in town for a game against the Washington Nationals.

Orioles pitcher Brad Brach has family ties to the U.S. Navy and the military since his grandfather was a World War II Navy veteran and his uncle served during the Vietnam War.

"Any time we can come out and help support the military and everything they do, I'll jump at the opportunity," Brach said.

His sentiments were echoed by teammate Andrew Miller, a pitcher traded to the Orioles by the Boston Red Sox on July 31. Miller had already visited with service members in April at WRNMMC with his old team, but that didn't make the visit to the medical center and USO any less meaningful for him.

"It's rewarding for us," Miller explained. "We see guys or girls that are injured and if they're excited to see us, I'll show up anytime. It's easy to do."



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# WRNMMC (Navy) Commanding Officer Hosts Captain's Call

## Vedral-Baron Explains Navy Element Leadership, Praises NMCRS Campaign Efforts, PFA Results

**By Bernard S. Little**  
WRNMMC Public  
Affairs staff writer

Navy Capt. Jennifer Vedral-Baron conducted her first Captain's Call as commanding officer of the new Navy Element of Walter Reed National Military Medical Center (WRNMMC) before a packed Memorial Auditorium, July 23.

"This is new and has never been done in Navy Medicine," said Vedral-Baron, who also commands Fort Belvoir Community Hospital (FBCH) at Fort Belvoir, Va. She explained "Walter Reed NMMC (Navy)," the name of the new Navy element at Walter Reed Bethesda, falls under Navy Medicine East, and subsequently, Surgeon General Vice Adm. Matthew Nathan, Deputy Surgeon General Rear Adm. C. Forrest Faison III and Force Master Chief Sherman Boss, director of hospital corps.

Vedral-Baron explained her command team for Walter Reed NMMC (Navy) includes Lt. Cmdr. Melissa K. Burke, officer-in-charge of WRNMMC Navy Medicine Support Detachment, and Walter Reed



Photo by Bernard S. Little

**Navy Capt. Jennifer Vedral-Baron conducts her first Captain's Call as commanding officer of the new Navy Element of Walter Reed National Military Medical Center (WRNMMC) on July 23 in Memorial Auditorium.**

NMMC (Navy) Command Master Chief Tyrone Willis, who is also WRNMMC's senior enlisted leader.

Established in February, Walter Reed NMMC (Navy) includes two administrative detachments – one at WRNMMC

and the other at FBCH, serving approximately 2,000 Sailors. The immediate commander of Walter Reed NMMC (Navy)

is Rear Adm. Terry J. Moulton, who leads Navy Medicine East.

Vedral-Baron added Walter Reed NMMC (Navy) will provide "oversight of Navy-specific programs" at WRNMMC and FBCH. In addition, Walter Reed NMMC (Navy) will administer "non-judicial punishment authority" over Sailors at WRNMMC and FBCH, and "ensure alignment with Navy Medicine while assigned to a joint command."

Although new to Navy Medicine, Vedral-Baron added Walter Reed NMMC (Navy) is similar in structure to the U.S. Army Element in place at Walter Reed Bethesda, with Soldiers administratively attached to Troop Command-North, commanded by Lt. Col. Richard A. Villarreal and Command Sgt. Maj. Gary Williams, and falling under the Northern Regional Medical Command, led by Brig. Gen. Robert D. Tenhet and Command Sgt. Maj. Benjamin H.S. Scott Jr.

Operationally, all service members at WRNMMC fall under Brig. Gen. (Dr.) Jeffrey B. Clark, the medical center director who oversees Walter Reed Bethesda's day-to-day mission of providing world-class patient-friendly health care, Vedral-Baron explained.

Also during the Captain's Call, Vedral-Baron recognized 37 naval officers and 76 enlisted Sailors within Walter Reed NMMC (Navy) selected for advancement. She praised the efforts of those responsible for making this year's Navy and Marine Corps Relief Society (NMCRS) campaign at WRNMMC and FBCH "a success," adding that WRNMMC finished in the top 10 among Navy and Marine Corps facilities in the National Capital Region with contributions totaling more than \$17,396 to the agency which helps Sailors, Marines and their families with emergency financial and edu-

cational assistance. Last year, NMCRS provided financial assistance to service members and their families for basic living expenses (food, lodging), transportation (insurance, car payment, rental), car repairs, transportation due to family member illness, family emergency, pay entitlement shortfalls, predatory loan avoidance, funeral expenses, household set up, medical and dental expenses and education expenses, totaling more than \$48 million.

Vedral-Baron also praised Walter Reed NMMC (Navy) Sailors for a successful Personal Fitness Assessment (PFA) cycle, citing more than 460 excellent or outstanding results earned by Sailors. Following Vedral-Baron's briefing, Willis, who became WRNMMC's new senior enlisted leader July 11, also had encouraging words for Sailors and Soldiers. Agreeing with Vedral-Baron, Willis emphasized opportunities for growth and advancement for service members at WRNMMC and FBCH. Regardless of the uniform service members wear, the unit they are assigned, and whether or not personnel are civilians, contractors or volunteers, "our purpose is patient-centered care, and our passion is taking care of patients. That is our vision," said the command master chief.

To accomplish this vision, Willis said, takes the entire "Walter Reed Bethesda (and FBCH) family working together doing the very best job we can do in everything that we do. It takes a village." He concluded by encouraging all staff to continue to enthusiastically attend all Walter Reed Bethesda events, forums, town halls and gatherings.

The next Walter Reed Bethesda town halls will be held Tuesday, Aug. 12 at 7 a.m., noon and 3:30 p.m. in the same location.

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# Code Yellow Exercise Tests Response, Enhances Preparedness

By Sarah Marshall  
WRNMMC Public Affairs  
staff writer

Walter Reed Bethesda personnel had an opportunity to test their emergency code response and enhance preparedness during a Code Yellow exercise July 31.

Code Yellow is activated when there is an undetermined threat or any incident that could directly impact the safety and security of patients, visitors and staff, and places the medical center on lockdown, explained Chris Gillette, emergency manager for Walter Reed National Military Medical Center (WRNMMC). It could be a hazardous material event, a chemical or biological incident or an unauthorized person attempting to gain access to the installation, he added.

During the half-hour exercise, the medical center was not actually locked down and there was minimal impact to patient care, Gillette said.

“We need to have personnel be able to respond quickly



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

**Exercise evaluators noted the response by Walter Reed Bethesda personnel during a Code Yellow exercise at the medical center on July 31.**

to those key entry points and establish a perimeter [during an emergency],” Gillette continued. “Those incidents may never happen, but could hap-

pen tomorrow ... and that’s why we conduct such an exercise, because you never know.”

The exercise began with an overhead announcement

declaring an exercise Code Yellow, and personnel were expected to carry out their department’s lockdown plan, Gillette said. Designated de-

partments sent personnel to stand guard at a number of controlled access points throughout the medical center, he added.

More than 40 staff members served as volunteer evaluators, observing how quickly each department responded and asking the staff questions to see if they knew their role in the event of a Code Yellow. It was an “all-hands evolution,” as it should be in a real-life scenario, Gillette stated.

“It’s important that all staff – civilians, contractors, military – take action and protect our patients, visitors and each other,” added Melissa Knapp, program manager for emergency management plans, training and exercises at WRNMMC. “It’s continued readiness. We want staff to know what to do if a crisis happens tomorrow,” she added.

Knapp also noted the personnel at each of the controlled access points –referred to as “sentries” – were enthusiastic, took their responsi-

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# Nutrition Services Caters to Patients with Room Service

By Bernard S. Little  
WRNMMC Public Affairs  
staff writer

"We're here for the patients," says Alleans "Queen" McQueen, a room service ambassador (RSA) at Walter Reed Bethesda, as she delivers meals to inpatients in the medical center.

"I like meeting the patients, and making sure they get their meals on time. I also enjoy working with my peers. We always pull together as a team for the patients. That's what Walter Reed National Military Medical Center (WRNMMC) is all about."

Many in the Nutrition Services Department at Walter Reed Bethesda, where McQueen works, expressed a similar sentiment, which is one of the reasons a number of changes and improvements have been made throughout the department – to better serve patients and staff.

Because of Walter Reed Bethesda's reputation as a leader in health care, patients have higher expectations for customer service and that includes freshly made food with authentic flavor and menus with customized options, explained Staff Sgt. Jesse Stubbs, Clinical Nutrition Division noncommissioned officer-in-charge in the Nutrition Services Department. "Overall, they want better food quality and presentation, and we look to provide that," he said.



Photo by Bernard S. Little

**Room Service Ambassador Alleans "Queen" McQueen checks a menu before delivering a specialty meal to an inpatient at Walter Reed Bethesda.**

The staff sergeant explained that Kathleen Brooks, chief of the Clinical Nutrition

Division, began the hotel-style room service program for inpatients at the former Walter

Reed Army Medical Center (WRAMC), and when WRAMC integrated with the former Na-

tional Naval Medical Center to form WRNMMC, she started the program at WRNMMC.

Menus provided to patients are based on prescribed diets by their physicians, Stubbs explained. This allows patients the flexibility to choose when and what they want to eat. "No matter what time of day the patient wants to eat, they can talk to the RSA face-to-face or call down (to the kitchen and request a meal depending upon their diet).

"Our purpose is to put a smile on our patients' faces," Stubbs added. "We want the least of their worries to be their meals."

According to Brooks, only 40 percent of hospitals nationwide have transitioned to the hotel-style room service dining for inpatients like at WRNMMC, and those hospitals with the service have noted increased patient satisfaction and decreased food waste.

Stubbs added the department is looking to make improvements to the program to better serve patients, including better utilization of the medical center's wireless capabilities and incorporating a real-time and integrated system for staff to efficiently manage tray delivery and retrieval of patient meals.

Approximately 700 meals per day are served via the

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## Staying Fit, Eating Right Keep Military Members on Track

By Kalila Fleming  
WRNMMC Public Affairs  
staff writer

In the midst of summer, staying fit and eating right is crucial to those serving in the military, according to Walter Reed Bethesda health officials.

Navy Lt. (Dr.) Nelson Guadalupe, a dietician at Walter Reed Bethesda, explained what it means to be fit and healthy in accordance with military standards.

"(We) have PT (physical training) tests twice a year to assess how fit (service members) are for deployment and readiness," Guadalupe said. "Staying fit, you incorporate many things that can be spiritual, mental, (and) nutritional."

He recommended considering goals aimed at a healthy diet for nutrition and staying fit. This includes staying away from eating a lot of empty calories to gain weight, but not depriving yourself of calories which will affect your performance during your PT test or deployment.

"Nutrition can be as complicated or as simple as you make it," Guadalupe added. "Keep it nice and simple. Keep your calories within the goals you need them to be so that you don't gain weight, you don't lose weight (if not necessary) and you optimize your body for the performance you need to achieve," he said.

Hospitalman Juan Ivy, who works in the Public Health

Promotions Office at Walter Reed Bethesda, added that each military branch has physical standards their members are required to meet.

"We're joint here (at Walter Reed National Military Medical Center), so we work with Army, Air Force, and Navy personnel," Ivy said. He explained that while testing for each service may differ, it is essential for military personnel of all services to be in good physical shape to accomplish their missions.

Guadalupe described one of the methods the Air Force uses to test Airmen for fitness during its PT test.

"The abdominal circumference will indicate if individuals are at risk for cardiovas-

cular disease," he explained. "Of course obesity can lead to diabetes and other cardiac disease, so staying within the standards is extremely important, not only for health standards, but when you are going to deploy as well. We need our Sailors, Soldiers, Marines and Airmen to be physically fit to accomplish the mission when they are deployed."

Military members of all services who do not meet required physical standards are enrolled in fitness management programs, such as Ship Shape, which "focuses on the lifestyle and nutrition of our Sailors, Soldiers, Marines, and Airmen, and how they can make changes so that they can exercise more and lose weight,"

Guadalupe explained.

Ivy added the Fitness Enhancement Program (FEP) is open to all military personnel, regardless of physical fitness level. "There are courses about nutrition (and) workouts. There's weight lifting, cross fitness, running, cardio, calisthenics, and swimming, too," he explained.

For more information on nutrition and physical fitness, visit the Department of Defense Operation Supplement Safety website at <http://hprc-online.org/dietary-supplements/opss>, or attend an FEP session, held Monday through Friday, at 6 and 11 a.m., and 3 p.m., in Building 17 on Naval Support Activity Bethesda.



# Service Members Can Earn College Credit for Doing Their Jobs



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

**“You can earn credits from boot camp, attending A and C Schools, passing the advancement exam and even cross rating,” said Elizabeth Baker, director of NSAB’s Navy College Office.**

**By Mass  
Communications  
Specialist 2nd Class (AW)  
Chris Krucke  
WRNMMC Public Affairs  
staff writer**

Having a college education has become more important than ever in today’s world, and the Navy College Office at Naval Support Activity Bethesda (NSAB) wants service members to know they can earn college credit for their service.

Everybody who joins the military earns college credits, and how many depends on their career path.

Elizabeth Baker, director of the Navy College Office located in NSAB’s Building 17 explains how this works.

“You can earn credits from boot camp, attending A and C Schools, passing the advancement exam and even cross rating. What exactly you have or can earn depends on your military rate or job experience and branch of service,” Baker said.

Formerly known as the Sailor Marine Corps American Council on Education Registry Transcripts (SMART) system, the new Joint Service Transcript (JTS) is a common access card (CAC) enabled system which allows service members to track college credits they have earned. Prior military personnel can also access the

system by setting up a user name and password.

“Everything on the transcript has been evaluated by the American Council on Education for college credit,” Baker said. “Not everything someone does in the military will count as credit, but if it does, it will be on the summary page.”

The Navy College Office works with service members and helps pair them with schools that best fit their JTS.

“If you go to a school that has your military rating or job, they will give you the maximum amount of credits,” Baker continued.

Another benefit of these credits is that they save the student and military money.

“How much this can save will vary depending where you go to school,” she said. Baker also added that the Department of Defense estimates the average at \$250 per semester hour, so if a service member has nine usable credits out of C School, that’s a savings of \$2,250.

Due to the recent change in Navy regulations on the point system for advancement, college credits have greater importance than last cycle.

“Anything that a member can add to set themselves apart on their evaluations is paramount in obtaining an ideal promotion recommendation,” explained HM2 Roberto Collazo, assistant command

career counselor in the Walter Reed National Military Medical Center (WRNMMC) Career Development Department. “Of course, this is in addition to volunteer service and command involvement.”

Collazo noted these credits can be turned into actual points on a service member’s final multiple score. “Time in rate has been adjusted to reflect less of your final multiple score and your good conduct (awards) will no longer be counted on the advancement exam. This definitely makes earning a degree of some sort that much more important. For instance, I will no longer be able to count my four points for my good conduct awards, but I have a bachelor’s degree that counts as four points on the exam,” said Collazo.

“The Navy is changing and they are focusing more on members earning some kind of advanced education. This is especially the case if members are considering a commission of any sort. The resources are there whether it is taking a CLEP (College Level Examination Program) test, using tuition assistance (TA) or the GI Bill,” Collazo concluded.

To view your Joint Service Transcript, log onto: <https://jst.doded.mil>. To contact the Navy College Office, call 301-295-2014.

# MWR Fitness Welcomes New Team Member: Carrie Bidus

**By Mass Communication  
Specialist 2nd Class  
Ashanté Hammons  
NSAB Public Affairs  
staff writer**

The Naval Support Activity Bethesda (NSAB) Morale, Welfare and Recreation (MWR) Fitness Facility offers a variety of fitness classes that keep individuals moving, as well as a state of the art gymnasium and swimming pool. Patrons can also have a personal trainer help them reach their fitness goals, like the newest member of the MWR fitness team, certified personal and group trainer Carolyn “Carrie” Bidus.

Bidus, a recent graduate from the University of Texas in San Antonio with a bachelor of science in kinesiology, moved to Maryland with nothing but two suitcases and a carry-on. She never looked back.

“One piece of advice that I

got from someone a long time ago, and (I) will never forget, was that the ‘hardest and most life changing experiences are the ones you have to do by yourself,’” said Bidus.

No stranger to relocating, Bidus grew up in a military family that moved around to bases in the North and Midwest regions of the United States.

“I moved to Texas to go to college and I stayed in San Antonio for the larger part of the last four years,” said Bidus. “When I graduated college, I realized that I didn’t have any specific ties to Texas. I started applying (for jobs) to places all over the country. When I got the offered this job, I was so excited and terrified all at the same time.”

Bidus became interested in physical fitness while visiting a local gym with her mom. She signed up for free sessions with a trainer to get familiar with the equipment, she said.

“I signed up for 12 more sessions with that trainer and that was when I realized that my trainer had the coolest job ever,” said Bidus. “He got paid to be in comfortable clothes and help people reach their health and fitness goals. I loved that!”

At that time, Bidus’s trainer suggested she attend the National Personal Training Institute (NPTI) in Colorado Springs, Colo., an institution where instructors and professors teach “how to be the best personal trainer.”

“It was a six month training (course). Anyone can read a book, pass a test and be certified, but this course broke down the fundamentals of training,” explained Bidus. “(The instructors) ingrained the information into you to the point where the information became second nature. After I graduated from

See **BIDUS** page 9



Photo by Mass Communications Specialist 2nd Class Ashante Hammons

**Carrie Bidus recently joined the staff of NSAB’s MWR Fitness Facility as a certified and personal group trainer.**



# YELLOW

Continued from pg. 5

bilities seriously, and had a good understanding of why they were there. They responded quickly, and knew where to direct people. Additionally, they knew their response to a Code Yellow is the same as a Code Pink, which is activated in the event of an infant or child reported missing, or their abduction.

"It was definitely a successful exercise," Knapp said. "The majority of the entryways were manned with knowledgeable sentries."

The exercise also tested how effectively staff members are notified of an emergency – either

via a desktop alert, overhead announcements, phone call, text message or email, she said. It's important to have redundancies when it comes to notifying staff of a crisis; for example, if a staff member is not at their desk, and misses the desktop alert, they would still receive a phone call or text message alert, she explained.

Gillette expressed his appreciation for the command's support in ensuring the exercise was a success. "We can't do this without leadership support, volunteers, and staff support," he said. Throughout the year, the emergency management team offers training to departments upon request, if they need a "refresher," Gillette added. The team also plans emergency training regularly, ensuring staff understands the purpose of

the emergency codes and how to respond. WRNMMC conducts approximately one emergency code drill per quarter, in addition to two large-scale emergency exercises required each year per The Joint Commission, which accredits and certifies more than 20,500 health care organizations in the U.S. to ensure safe and effective care across all settings. The next large-scale training evolution – a Code Green exercise – is scheduled for Sept. 25. Code Green is activated during the event of a mass casualty.

For more information about emergency management at WRNMMC, call Chris Gillette at 301-295-3115 or Melissa Knapp at 301-319-4906.

# NUTRITION

Continued from pg. 6

room service program, Stubbs continued. He added that the Nutrition Services Department has approximately 13 different diets, which can be modified according to the physician's diet prescription and patient needs.

"The vast majority of people really enjoy our room service program," Stubbs said. "We do a monthly survey on the various floors, and most of the responses have been favorable."

The room service program was one phase of the Nutrition Services Department's multi-phase renovation project, with the final stage being the opening of the new Café 8901 in Building 9. The department continues to seek and focus on improving the service provided to patients, staff and guests.

For more information about the Nutrition Care Directorate, call 301-295-5360.



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## Group 1:

- Welcome 90 veterans at the US Airways, Terminal A at 10:02am to salute and cheer their arrival.
- Salute these veterans as they visit the World War II Memorial on the National Mall from 2:30pm – 3:45pm.
- At the end of the day, you can help bid farewell after their full day of touring as they return to Reagan National Airport at 6:30pm.

## Group 2:

- Welcome 25 veterans at the AirTran Airways, Terminal C at 11:05am to salute and cheer their arrival.
- Salute these veterans as they visit the World War II Memorial on the National Mall from 12:30pm – 1:30pm.
- At the end of the day, you can help bid farewell after their full day of touring as they return to Reagan National Airport at 6:30pm.

Look for a special pullout banner in the August 15th issue of DCMilitary Family Life, or visit [DCMilitary.com/honorflight](http://DCMilitary.com/honorflight) to download a special welcome banner to customize and hold as you greet our veterans. Our photographers will be on hand to snap a photo of your family with your personal banner for future publication.

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**For more information on volunteering for the local Honor Flight program, visit [facebook.com/honorflightdca](https://facebook.com/honorflightdca) or [honorflightcr.org](http://honorflightcr.org)**





# BIDUS

Continued from pg. 7

NPTI, I went to San Antonio and completed my degree in kinesiology."

Bidus is more than excited to be able to help others. Whatever style of trainer they need, Bidus is able to tailor her training based on her clients' needs. According to Bidus, one client needs her to be compassionate and understanding. On the other hand, another client might want her to resemble Jillian Michaels' training style. She has already set a plan into motion for what she would like to accomplish at this command — defining the meaning of success for her clients is the key.

"As a personal trainer, my goal for all my clients is simple. I want everyone to be as successful as they can be," said Bidus. "For some, they measure success based on a number on the scale while others base (success on) the circumference of their biceps or their waistline, or getting in a workout."

MWR fitness staff members are happy to have Bidus' fresh set of eyes on the fitness program, according to Bryan Jackson, MWR fitness and aquatics manager.

"Carrie is going to fit in well here. She is brand new, so she has new ideas on how we can improve our program," said Jackson. "I am really excited for her to be here."

"I believe Carrie is a great person for this position," said Jerry Cataldo, MWR fitness center director. "She's very outgoing and in order to be a personal trainer and group instructor, you need that type of personality. She's very mature for her age and she's young and keeps up with the newest fitness trends that are out there."

While she desires to help her clients reach their fitness goals, Bidus hopes to complete a half marathon. Also, she wants to become a certified hydro-spin instructor and receive the National Strength and Conditioning Association tactical certification so she can specialize in military, police and firefighter fitness.

"I love being a personal trainer and group exercise instructor," said Bidus. "I have such a deep and sincere passion for what I do. Helping someone reach their fitness and health goals is so rewarding to me. I think it is a beautiful thing when a career and a passion come together as one. I just want to share that (sincerity) with everyone."

For more news from other bases around the Washington, D.C. area,

**visit [www.dcmilitary.com](http://www.dcmilitary.com).**



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# Department of Research Hosts Summit

**By Mass Communication Specialist 2nd Class (AW) Chris Krucke**  
**WRNMMC Public Affairs staff writer**

Walter Reed National Military Medical Center's (WRNMMC) Department of Research invited researchers from neighboring hospitals to share their medical research during its bi-annual Research Summit July 22.

Dr. Deborah Murphy, academic research education coordinator for the Department of Research Programs (DRP), explained this event offers a forum for diverse speakers from the National Capital Region (NCR) to present overviews of ongoing research initiatives, registries, funding, challenges, solutions and opportunities for collaboration.

Fourteen researchers presented topics ranging from restoring spatial hearing, biomarkers for low dose radiation exposure to the skin, and the use of 3D printing technologies in medical and dental reconstruction and rehabilitation.

Murphy continued, "At this bi-annual summit, the WRNMMC DRP invites and welcomes speakers who can provide

an overview of their current research or other studies and, by doing so, inform the audience about what work is being conducted in the NCR, where there may be opportunities for collaboration, and what resources are available."

Murphy said this helps to "encourage sharing of our efforts and prompt cross-disciplinary initiatives."

About 40 attendees at the summit included researchers and key research personnel from across the NCR, including WRNMMC and Uniformed Services University of the Health Sciences (USUHS) Graduate Medical Education (GME) trainees, GME program directors and GME department chiefs.

Normally held in the spring, this summit took place during the summer to allow incoming GMEs to attend.

"It was interesting to see all the different research going on here," said Lt. Ryan Kim, medical officer at the Department of Research Programs and one of the summit organizers.

"It's important to understand how important research is, how it helps to find better ways to take care of our patients," Kim added. "The purpose of the summit was to give researchers not only the opportunities to present their research, but also to network with other



Journal file photo

**Researchers discussed the use of 3D printing technologies in medical/dental reconstruction and rehabilitation during the bi-annual Research Summit at Walter Reed Bethesda July 22. Walter Reed Bethesda's 3D Medical Applications Center can fabricate a variety of items with resins, gypsum and titanium, such as the ones above, to provide prosthetics and implants for patients.**

researchers in the metropolitan area, collaborate to help better see what each other is doing, and what they are capable of achieving."

He then explained how the summit helps benefit the military "by updating all the new research and facts that we are gathering. It also keeps us up to date with ideas, technologies and treatment plans to help all the service mem-

bers who have a wide variety of situations and diseases that you may not see out in the civilian world."

"I like to think of it as, we are pioneers trying to find new things to help military and civilians for the near future," Kim concluded.

The next summit is scheduled for Oct. 28. For more information contact Daniel Rosen at 301-295-8258.

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